



# American Red Cross Lifeguard Recertification Training

The Lifeguard Recertification Training class is designed for lifeguards who have a current Red Cross Lifeguard certification that will or did expire between March 15, 2020 - June 30, 2021.

Each participant who successfully completes all class requirements will receive a Lifeguarding/First Aid/ CPR/AED certification which is valid for 2 years. All COVID guidelines set by the local health department and the Red Cross will be adhered to during the teaching of these classes.

**There is a new process for renewing your certification. Please read the following information carefully.**

Step 1: Complete the online coursework for a Provisional Certificate.

Step 2: Before your Provisional Certificate Expires, complete the In-Person Skill Session.

The dates below are for the In-Person Skill Session. Once registered for one of these classes, you will receive the link for completing the online Provisional Certificate. A copy of your certification must be provided prior to being enrolled in the Provisional Certification Online Class. Proof of the Provisional Certificate, must be printed and presented on the first day of the In-Person Skill Session.

**Location:** Nevada City Swimming Pool; 423 Nimrod St. Nevada City, CA 95959

**Fee:** \$100 + 6.1% registration fee = \$106.10 per person. This fee covers both the Provisional and In-Person portions of the class.

**Code:** LGRC121

**Dates:** Friday & Saturday; April 2 & 3

**Time:** 9:00a - 4:00p each day

**Code:** LGRC221

**Dates:** Saturday & Sunday; April 24 & 25

**Time:** 9:00a - 4:00p each day

## **Class Requirements**

1. Participants must have a Lifeguard certification that did or will expire between, March 15, 2020 & June 30, 2021.
2. Participants must have access to a computer to complete the online portions of the class. Proof of the Provisional Certification must be printed and provided on the first day of the In-Person Skill Session.
3. Participants must attend all days and times of the In-Person Skill Session.
4. Participants must pass the Water Skills Test which is given on the first day of class. To pass the water skills test, participants must pass all 3 of the following objectives:
  - ⇒ Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
  - ⇒ Tread water for 2 minutes using only the legs. Candidates must place their hands under the armpits.
  - ⇒ Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards. The face may be in or out of the water. (Swim goggles are not allowed.) Surface dive to a depth of 6 ft, swim 10-15 ft along the bottom to retrieve a 10-pound brick. Return to the surface and swim on the back to the starting point with both hands holding the brick at the surface and the face remaining at or near the surface or able to get a breath. Candidates cannot swim the distance underwater.

## **How to Register**

Online at: <https://campscui.active.com/orgs/CityofNevadaCity?orglink=camps-registration>

OR

Complete the registration form. Return the form with payment (\$106.10) to:  
Nevada City Parks & Recreation 317 Broad St., Nevada City, CA 95959  
Make checks payable to: City of Nevada City

**Registration Deadline:** One week prior to each class. March 26 for LGRC121 and April 16 for LGRC221 *Although you can register as late as 1 week prior to the in-person class, keep in mind that you must be able to complete the 7 hours (approximate time) of online class to obtain your Provisional Certification.*

**Refunds:** There are no refunds on program fees unless the class is cancelled by the City.

## **Questions?**

Call Nevada City Parks & Recreation at 530-265-2496 x129

## **Additional Information**

This is an American Red Cross Class. For more information about being a Red Cross Lifeguard and other aquatic certifications, visit the Red Cross website at: <http://www.redcross.org/take-a-class/lifeguarding>

# LIFEGUARD TRAINING REGISTRATION



Participant **LAST** Name: \_\_\_\_\_

Participant **FIRST** Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Sex: M F

Phone: best # to reach participant \_\_\_\_\_ alternate # \_\_\_\_\_

Address, City Zip: \_\_\_\_\_

Participant Email: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Phone: best # to reach parent \_\_\_\_\_ alternate # \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ phone #: \_\_\_\_\_

| Course Code # | Fee | Cash/<br>Check # | Total Amt.<br>Paid | Date | Staff<br>Initials |
|---------------|-----|------------------|--------------------|------|-------------------|
|               |     |                  |                    |      |                   |

\_\_\_\_\_(initials) **PROGRAM WAIVER:** In consideration for being permitted by the City of Nevada City to participate in the above activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which may have, or which may hereafter accrue to me as a result of participation in said activity. This release is intended to discharge in advance the City of Nevada City (their officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activity, though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents, including colliding with other swimmers, tripping or falling on the pool deck, exposure to contaminated water and knowingly and freely assume all such risks, both known and unknown. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost, or expense which they may incur as a result of my death or any injury or property damage that I may sustain while participating in said activity.

\_\_\_\_\_(initials) **COVID WAIVER:** By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending the Parks & Recreation Program and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 by attending Parks & Recreation Programs may result from the actions, omissions, or negligence of myself and others, including, but not limited to, City employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s participation in this Program. On my behalf, and on behalf of my child(ren), I hereby release, covenant not to sue, discharge, and hold harmless the City, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the City, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any City program.

\_\_\_\_\_(initials) **PARENTAL CONSENT:** I hereby consent that my son/daughter, named above, participate in the above activity, and I hereby execute the above Agreement, Waiver and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss, liability, damage, cost, or expense which they may incur as a result of the death or any injury or property damage that said minor may sustain while participating in said activity. I agree that in the event that said minor requires medical treatment while under the supervision of City of Nevada City personnel in connection with described activity, such supervisor may authorize treatment.

\_\_\_\_\_(initials) **IN ADDITION:** I understand that there are no refunds on registration fees, unless the class is cancelled. I give the City of Nevada City permission to use photos taken of me and/or my child in future publications.

**I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER & RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE CITY OF NEVADA CITY, AND I SIGN IT ON MY OWN FREE WILL.**

\_\_\_\_\_  
Signature of participant OR parent/guardian of participant under the age of 18

\_\_\_\_\_  
Date